

**Subject:** Is Wheat Good Or Bad For You?

**From:** "John Winston" <johnfw@mlode.com>

**Date:** 03/05/2012, 06:18

**Newsgroups:** alt.conspiracy.area-51

Subject: Is Wheat Good Or Bad For You?  
May 2, 2012.

Now I've been known to wolf down a lot of bread, mik and some sugar and I'm still hanging in there. I'm posting this information about how to see what the truth really is. I think roasted barley would be better for you than wheat.

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Irritants in the wheat berries that protect the berries from being eaten is causing your a-thritis... The pot bellies everyone but a very few who can tolerate the p-ison in wheat are water bags storing water to cleans away the irritants in the intestines caused by the eating of bread and other gluten products. Eating bread is part of the c-rse ...thou shall eat bread by the sweat of the brow. This is widely touted by the priest class as saying mankind only was made to work for its food. Notice that the original food for mankind was from the trees of the garden... not bread. The preachers are not seeing the whole picture here due to their w-rship of their Lu-iferian bread slinging idol Je--s. The monks bake prized loafs of po-son ... bread can not be exposed for what it is or the ch-rch would lose business and the whole Luci-erian fraud would be revealed. The bi-le is a closed book that can only be interpreted by the messiah himself. The book was sealed up until the end ...when the real king of kings is given the Key of David that unlocks the meaning of the book. Proof that the bibl- is a sealed book is in R-velation 19:12 -15 that states only the King of kings himself knows his name. The Ch-istians touting the J--us idol of the Roman Empire cannot be the truth ...without the Key of David the reader of the bi-le cannot tell what part of the bib-e is to be followed from what part is examples of error. The key of David is the understanding that G-d swore an unalterable oath to King David that King David would have a flesh and b-ood heir on earth in all generations forever. The --sus idol is not consistent with the unalterable oath Go- swore on His holiness to King David. All other concepts of the -ible most be measured against the oath to find Go-s intentions and reveal the additions Rome made to the bi-le. See P-alm 89.  
Stephen

To: [Global\\_Rumblings@yahooogroups.com](mailto:Global_Rumblings@yahooogroups.com)  
From: [biblestudy888@gmail.com](mailto:biblestudy888@gmail.com)  
Date: Mon, 30 Apr 2012  
Subject: Re: [Global\_Rumblings] Wheat...the staff of d-ath

I wouldn't ban anything. We live in a free country here in the US (more or less still free) We all need to come to our own conclusions/ and beliefs in our own way. I don't believe wheat is e-il any more than I believe my shoes are ev-l. It was just a joke. I don't trust what it happening to our food supply however.  
-od bless you

On Sun, Apr 29, 2012, Stephen P-ttine  
[s.gpettine@yahoo.com](mailto:s.gpettine@yahoo.com)  
wrote:

Experience has taught me to evaluate ideas through the scrutiny of reasonableness, and after doing so I just won't buy into the idea about the -vils of wheat products or the wheat berry itself. Any food item ingested may have serious outcomes for a particular sector of the general population, i.e., via allergies or improper handling or storage of the item in question; would you ban from the population in general any and all foodstuffs that may have an adverse effect on a particular sector of the general population? Doing so is as insane as not raising the bridge but lowering the water to allow a ship to pass under it.

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From: Kathy S-ith

Is Wheat Good Or Bad For You?

[biblestudy888@gmail.com](mailto:biblestudy888@gmail.com)

To: [Global\\_Rumblings@yahoo.com](mailto:Global_Rumblings@yahoo.com)

Sent: Sunday, April 29, 2012

Subject: Re: [Global\_Rumblings] Wheat...the staff of de-th  
What I have been hearing is that wheat has been drastically changed in the last 60 years and has the addictive properties of opiates. I stopped eating it just over a year ago and feel so much healthier and have no cravings now.  
Check out William Davis M.D. and Livin La Vida Low Carb with Jimmy Moore for more info on the "evi-s" of wheat (and sugar etc)  
I don't believe it is the "forbidden fruit".

On Sat, Apr 28, 2012, Stephen G-ttfried

[kgwrlld@hotmail.com](mailto:kgwrlld@hotmail.com)

wrote:

<http://www.gather.com/viewArticle.action?articleId=3D281474977217777>

The pro-aganda is centuries old. Mankind tossed out of the Garden of Eden...which may be another description for mankind switching from hunter gatherer to agriculture. Humans have not had enough time to adapt to the eating of wheat berries.  
Stephen

To: [global\\_rumblings@yahoo.com](mailto:global_rumblings@yahoo.com)

From: [kgwrlld@hotmail.com](mailto:kgwrlld@hotmail.com)

Date: Sat, 28 Apr 2012

Subject: [Global\_Rumblings] Bread is po-son!  
Could the forbidden fruit be wheat berries? Google it: bead is pois-n and get enlightened. Notice that G-d told Adam and Eve that they would d-e and when they were cast out of the Garden Go- told them that they would eat BREAD from the sweat of their brow. Immediately the life span of mankind decreased from the eating this poiso-. Does the eating of bread satisfy an addiction for eating bread? One writer claimed that the reason mankind began the daily eating of bread was because of the "high" it produced that may not be now apparent kind of like the first cigarette that gets you addicted to tobacco and from then on becomes less apparent. The berries of wheat contain a pois-n to mammals to protect the seeds from being eaten! Gluten damages the kidneys and is the leading cause of kidney ca-cer.  
All humans are sensitive to gluten to a certain degree. Gluten sensitivity is often mistaken for candida. The eating of bread began after the hunter gatherer period of mankind and is a product produced by agriculture that is unnatural to the human diet. Look it up for yourself if you think I am crazy.  
Give us this day our daily bread is a call for su-cide...J--us the Lucif-rian idol called for the eating of bread in the Lo-d's prayer. If this Lu-iferian icon Je--s was truly g-d don't you suppose he was smart enough to know that bread is -oison? Bread is ki-ling you...  
Stephen the real m-ssiah.

John Winston. [johnfw@mlode.com](mailto:johnfw@mlode.com)